### Find out if you are eligible!

It's easy to find out if you are eligible. One phone call to your local program is all it takes.

When you call, you will need to answer some questions about yourself, like your income, age, and type of health insurance (if you have insurance).

Allegany	(301) 759-5083
Anne Arundel	(410) 222-6180
Baltimore	(410) 887-3432
Calvert	(410) 535-5400 x350
Caroline	(410) 479-8080
Carroll	(410) 876-4423
Cecil	(410) 996-5168
Charles	(301) 609-6843
Dorchester	(410) 228-3223
Frederick	(301) 600-3362
Garrett	(301) 334-7770
Harford	(410) 612-1780
Howard	(410) 313-4255
Kent	(410) 778-7970
Montgomery	(240) 777-1750
Prince George's	(301) 552-7724
Queen Anne's	(443) 262-4509
St. Mary's	(301) 475-4395
Somerset	(443) 523-1740
Talbot	(410) 819-5600
Washington	(240) 313-3235
Wicomico	(410) 548-5175
Worcester	(410) 632-1100
Baltimore City	(410) 350-2001

1-800-477-9774

Maryland State Cancer Hotline



#### **DHMH Non-Discrimination Statement**

The Department of Health and Mental Hygiene (DHMH) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability in its health programs and activities.

### **English**

Help is available in your language: 1-877-463-3464 (TTY: 1-800-735-2258). These services are available for free.

### Español/Spanish

Hay ayuda disponible en su idioma: I-877-463-3464 (TTY: I-800-735-2258). Estos servicios están disponibles gratis.

### 한국어/Korean

사용하시는 언어로 지원해드립니다: I-877-463-3464 (TTY: I-800-735-2258). 무료로 제공 됩니다



Larry Hogan, Governor Boyd Rutherford, Lt. Governor Dennis R. Schrader, Secretary

2017

http://dhmh.maryland.gov/bccp www.facebook.com/MDBreastandCervicalCancerProgram

# YOU MAY BE ELIGIBLE FOR SCREENING

AT NO COST TO YOU

# Breast Exams Mammograms Pap Tests

... and more!





Screening Saves Lives



Thousands of Maryland women are eligible for **no cost** breast exams, mammograms and Pap tests!



### Who can receive these services?

You may be eligible to receive these services if you:

- Are 40 to 64 years old, (65+ call for more information)
- · Have limited income, and
- Have no health insurance or insurance that does not completely pay for breast exams, mammograms, Pap tests, or follow-up testing, or
- Have health insurance, but have not been able to be screened or get needed follow-up testing.



"My sister has a breast exam and mammogram every year and a Pap test when her doctor orders it. But I don't have health insurance, and I don't always have the money for these tests. With the local screening program, I can take care of myself the way I know I should."

# How does the program work?

If you qualify, local program staff help you through the screening process.

- They tell you which doctors in your area work with the program and help you set up your doctor visits.
- You will receive breast exams, mammograms and/or a Pap test.
- After the visits, program staff will make sure that you receive and understand your test results.
- If you need follow-up breast or cervical tests, staff will explain what is needed and can help pay for the cost of the extra tests.

Some local programs may also provide:

- Language translation
- Transportation assistance
- Evening or weekend doctor visits

Call your local program for more information.

# Who will provide the screenings?

In most cases, private doctors offer all services. Your own doctor may even take part in the program.

"I was able to see my own doctor for the breast exam and Pap test. It was easy. The outreach worker from the Local Health Department helped me set up the appointment, and both services were done in the same doctor's visit."

# **Screening Saves Lives**

Yearly breast exams, mammograms, and regular Pap tests help to detect breast and cervical problems early. When problems are found early, they can be treated more easily, adding years to your life.

Make the clinical breast exam, mammogram, and Pap test part of your routine. Be sure to tell friends and family about these services too!



A mammogram is an x-ray picture of the breasts. A technician can explain the process to you.

"No one wants to think about cancer. But, I am alive today because a mammogram I received through my local program found my breast cancer early. As women get older, our risk for breast cancer grows higher. Yearly breast screening can give us many more years to enjoy life - and be there for those who depend on us."